



# Choices

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## *Happy Holidays*

To our Staff, Consumers and Stakeholders-

The coming of the New Year brings with it an opportunity to be grateful for your support, encouragement and commitment to recovery.

Behavioral Healthcare Services (BHS), by way of this newsletter, wish you and your family a very Happy New Year. We sincerely hope that this New Year brings with it more success, joy and good health for you and your family. Take this time to reflect and set goals for the coming year. It has been a privilege to work with you, beside you and to receive your support and patronage.

To our consumers, staff, stakeholders and friends, we at BHS extend our best wishes for a joyous holiday season and prosperous new year.



*Hanukkah- December 6th- 16th*



*Christmas- December 25th*



*Kwanzaa- December 26th- January 1st*



*New Years' Day- January 1st*

Dates to Remember:

- Dec. 20th- BHS All Staff Meeting and Holiday Party
- Dec. 20th- SHOP Holiday Party
- Dec. 21st- Drug Court Holiday Party
- Dec. 24th-26th- Offices Closed
- Dec. 31st & Jan 1st- Offices Closed
- Jan 18th & 21st- Offices Closed

## *Mental Health Recognized for Excellence in Provision*

BHS contracted with the Virginia Department of Behavioral Health and Developmental Services (DBHDS) since April 2005, to provide Juvenile Competency Restoration Services in Portsmouth - a nationally recognized cutting edge evidence-based practice. In 2011, BHS was recognized for excellence in the provision of these services, and BHS was designated as the primary provider of children's competency restoration services for the eastern side of the State, generating over \$165,000 in revenue.

## *Drug Treatment Court Participants Give Back*



*(Left to Right) Antoinette Franklin, Dana Thomas (Graduate Student), Latasha Isaikpere, Angel Clay, Jennifer McCormick and Legess Teague (Undergraduate Student). Not Pictured- Tonette Burns and Elizabeth Miller*

A 2009 Drug Court graduate, Ms. Antoinette Franklin who serves on the Recovery Advisory Board and is in training with the Peer Training Program, coordinated the ladies from drug court to feed the homeless population in the city. They prepared 100 lunches, which the ladies financed out of their own pockets. In the lunches were ham or turkey sandwiches, chips, cakes, sodas and inspirational quotes. This is the epitome of people giving back.

The Honorable Johnny E. Morrison treated seventeen consumers to Thanksgiving Dinner at Golden Corral with himself and program staff on Friday, November 16<sup>th</sup>. On November 28<sup>th</sup> court was cancelled to provide the consumers the opportunity attend a viewing of "Flight," a film about dealing with substance abuse, at the Harborview Theater.

In December, the consumers decorated the office for the holidays and there will be a holiday party on the 21st, where the clients will exchange their gifts (Pollyanna-style) and play various games which Brittany Stinney and the interns will facilitate. The goal is to encourage and reacclimatize consumers to do positive things and be productive citizens in the community.

## *High Satisfaction with Methadone Services*

Both Staff and Consumers are highly satisfied with the Methadone Systems and Services being offered in 2012. BHS purchased and installed a new Methadone Dispensing System, Methasoft, resulting in significant reduction in paperwork and system down time, increased system functionality and ease in training. Clinical and reimbursement staff reported 95% - 100% satisfaction with the new system.

During the 2012 Opioid Replacement Therapy Survey, consumers reported the following levels of satisfaction and progress:

- 95% of consumers were satisfied with services
- 62% are currently employed at time of survey
- 95% respondents say methadone has helped them stop illicit drug use

## *BHS is InCredible*



*Paper files have been replaced with Electronic Health Records in Credible*

BHS went live with Credible Inc., and their Electronic Health Record (EHR) on November 1, 2012 to achieve a major goal in the BHS Strategic Plan and the desire to stay on the cutting edge of service delivery!

The road to GoLive provided opportunities for the agency to examine our procedures and explore process improvement. The project was a huge undertaking that stretched our resources, but well worth the effort in terms of improving service delivery and interoperability. All information that was available in the electronic database system that BHS has used for the last twenty years was migrated to Credible electronically and entered manually where required.

We appreciate the staff commitment that has led us to this successful implementation and patience of staff and consumers as we enter in remaining information and build staff proficiency in using the system.

## *Prevention Solidifies Community Links*

During the summer, Prevention Training Specialists (PTS) served over 700 children, youth and adults. Prevention programs were provided during Summer Galaxy, Portsmouth Parks, Recreation and Leisure Services summer camp programming and through community partners including Girls Inc., Noble Street Baptist Church, HOPE Charitable, Tidewater Youth Services Commission, Court Street Academy and Portsmouth Redevelopment and Housing Authority (PRHA).

This fall, the team have served over 600 children, youth and adults through community events, like the PRHA Dale Homes Community Day and local partnerships. One specialist is providing behavioral support at Woodrow Wilson High School, continuing a longstanding partnership with local public schools while two PTS have re-established partnerships with local public middle and elementary schools. The team is also providing services in a local private school after completing a successful summer program.

Working with children and youth between the ages of 5-17, the PTS have been delivering the Too Good for Drugs and Violence (TGFDV) After School Activities curriculum provided by the Mendez Foundation. TGFDV is a part of the National Registry of Evidence-based Programs and Practices (NREPP) provided by SAMHSA. The curriculum sessions focus on goal setting, decision making, conflict resolution, communication skill development, having healthy friendships, drug and alcohol awareness and community involvement.

## *Staff Provide Years of Dedicated Service*

The following BHS staff were recognized for their years of dedicated services to the agency:

***Elaine Breathwaite- 30 years***

***Carl Edmonds- 25 years***

***Marsha Jones- 20 years***

***Cathy Starlings- 30 years***

***Lynne Stitt- 25 years***

***Angela Vass- 20 years***

## *CARF Accreditation in 2013*

It is required that all Opioid Replacement Therapy (Methadone Treatment Providers), must successfully achieve accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF). Outpatient Treatment Services will be having its third accreditation review within the next two months.

The mission of CARF is the promote quality, measurable optimal outcomes, values through an accreditation process that focuses on enhancing the lives of the persons served. We have been working diligently to make certain that we receive a three year accreditation. Prior to our CARF certification, we will have a review by the State and the DEA. When we receive our third consecutive three year accreditation, it will be a significant milestone for our agency.

A third year accreditation requires the best practices to be maintained and it will necessitate assistance from individuals within our agency. As always we appreciate the support and work the agency staff has contributed throughout the years.

**“Most of us serve our ideals by fits and starts. The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.”**  
**Cecile B. De Mille**

600 Dinwiddie St.  
Suites 200-300  
Portsmouth, VA 23704



Newsletter Articles Contributed By:

Elaine Breathwaite, Carl Edmonds, Cathy Starling, Shae Pepper and Vernon Williams

Newsletter Edited By:

Elaine Breathwaite and Shae Pepper

**Special Thanks-** On behalf of BHS, William Park and M. Elaine Breathwaite would like to thank the GoLive Team and the BHS Staff for making our Credible 'GoLive' date possible on November 1st.

## Consumer Creative Corner



The poem below was submitted by a consumer residing in a BHS Recovery house and was created during the 'Expressions of Me' group during the summer Women's Intensive Outpatient Treatment (WIOP) group cycle.

The poem to the right was read during the last WIOP cycle graduation and was submitted by a consumer of the WIOP program.

**I am who I am**

**Because I am special**

**I am made of liquid and gold**

**God made me unique.**

**I am one of the Savior child,**

**that made me black and blue**

**That's why I am who I am a flower just  
like a rose**

**I am who I am**

**Because I love you my husband**

**when we were together our lives was  
beautiful just like a piece of candy**

**You showed me how much we came  
together like a jade in the mail**

**That's how much I come to you**

**I am who I am**

**Because I am able to show you love my  
husband**

**I am who I am**

**Because I love me.**

**"Goodbye and Hello" by SS**

**Goodbye tears, Hello laughter**

**Goodbye pain, Hello pleasure**

**Goodbye sadness, Hello happiness**

**Goodbye drug buddies, Hello family**

**Goodbye poverty, Hello wealth**

**Goodbye streets, Hello home**

**Goodbye suffering, Hello healing**

**Goodbye sickness, Hello health**

**Goodbye dope man, Hello best friend**

**Goodbye anger, Hello joy**

**Goodbye dirt, Hello cleanliness**

**Goodbye chaos, Hello peace**

**Goodbye lies, Hello honesty**

**Goodbye hiding, Hello world**

**Goodbye thief, Hello cashier**

**Goodbye fighting, Hello loving**

**Goodbye jail, Hello church**

**Goodbye devil, Hello my redeemer**

**Goodbye drug addict, Hello beautiful**

**Goodbye negative life, Hello positive life**

**Goodbye abused self, HELLO TO ME!!!**

**Goodbye to the constant isolation**

**Hello world, family, and friends**

**I'm gonna do right by all of you**

**And work this program 'til the end**